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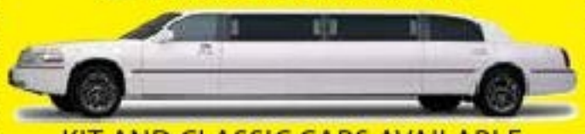

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Winter is in full swing at Kellys Golf Centre

The adults and juniors who took part in Kellys Ryder Cup at Kellys Golf Centre.

October was an exciting month at Kellys Golf Centre with the Summer League finishing up, Kellys Ryder Cup taking place, and the Saturday classes starting again; and now everyone is looking forward to what lies ahead this winter.

The Junior Summer League was a close finish with Michael Colhoun a point behind leader Rian Carvill going into the last weekend. Plenty of practice was put in but, unfortunatley for Michael, he couldn't produce a title winning score to pip Rian to the post, and his second Summer League title in a row.

Kellys Ryder Cup took place on Saturday 4th October. This is a competition, hosted by Kellys Golf Centre. There was a lot of pressure on the adults to perform this time around after they were crushed by the juniors 2 years ago. First up on the tee was Tommy Carvill and Ally Mc Kenzie vs Dylan Medlicott and Michael Walker, which proved to be a comfortable win for the adults. The most exciting match of the day was Kevin Mc Cumiskey and Anthony Mc Ateer vs Rian Carvill and Dylan Carville. With the match all sqaure going into the last hole, Anthony had a putt to win the hole but missed it. Up stepped Rian who putted from 3 feet to win the match. In the end the adults were comfortable winners 8 - 4. It was a brilliant day and everyone enjoyed refreshments after an exciting compeititon.

After all the excitement at Kellys Golf Centre this summer, the winter programme of activities is now up and running. The Junior Winter League, where new faces are always welcome, started up again on Saturday 4th October. The Saturday classes are back up and running again after the summer holidays, and so far there has been a great turnout with plenty of young talent out on the course.

For information on any of the activities at Kellys Golf Centre, The Avenue, Milltown Street, Burren, call in any day of the week, telephone 028 4177 3247 or message them on Facebook.

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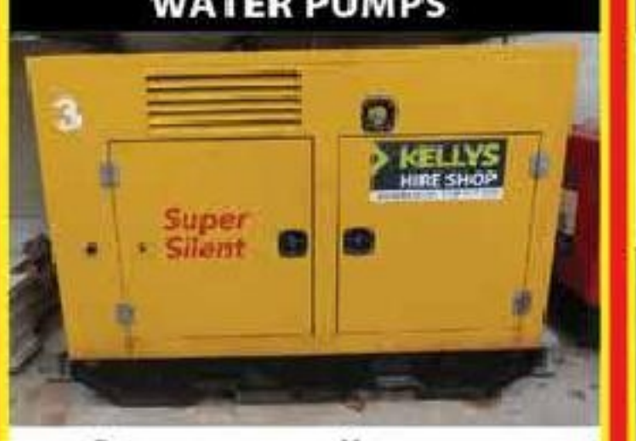

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Laser Eye Surgery

Pamela Ballantine shares her surgery experience

In my line of work, I am so reliant upon my vision, my reading and ultimately my eyes. So needless to say, they are very important to me. My biggest problem was my reading vision really wasn't great and neither was my distance vision but I had coped by using my contact lenses.

I had considered Laser Eye Treatment for some time, but had never got around to it. However a friend of mine recommended Optilase, facing the City Hall in Belfast, and suggested I should go for a Consultation.

When I heard that the Kamra treatment was exclusive to Optilase in NI and Optilase were the number one provider in Europe and 2nd in the world in terms of completed treatments, I was greatly reassured and this made my decision to visit an easy one.

After speaking to Optilase and answering some simple questions, I had booked my Consultation. First step taken then!!

My initial Consultation was around an hour long. So I went along to the Flagship Clinic and Surgery Centre, opposite Belfast's City Hall. The Clinic was like being at a 5 Star hotel! The staff were absolutely tremendous and I was immediately completely at ease. Bring it on, I thought!

So, after a coffee, (which might I add, was excellent), I filled out a simple form, and met my Optometrist who would be looking after me for the next hour. He was very reassuring and answered some of my very silly questions. I was completely put at ease.

He explained how the Consultation would proceed and took me for some scans and pictures of my eye. I confessed to doing some homework on the technology that Optilase use and felt very informed and completely reassured throughout the process.

A big thing for me also was the reassurance of the Optilase Lifetime Care Guarantee – basically Optilase look after and treat my vision for the rest of my days, even if I needed to be re-treated further down the line, at no extra cost!

After the scans and eye test, it was time for the big result – and I was absolutely delighted to hear that I was suitable for Treatment. Hurrah!! By now I really wanted it done and I was shown the potential about how good my vision could be afterwards. I really wanted complete freedom from those cumbersome glasses.

So two weeks later the big day came – and I approached this with some confidence, however I must admit that the day before surgery I was a bit nervous. The morning of surgery I was still a bit anxious but I needn't have been.

I then met with the Surgeon (for which there is also no fee) Medical Director Dr. Wayne Crewe-Brown. He has performed more than 40,000 of these treatments and he talked me through my different treatment options. I spent over half an hour with Dr. Crewe–Brown and felt completely reassured at the end of my Pre-Op. I opted for the KAMRA Treatment, with laser – exactly as the Surgeon had described and recommended to me. This would give me my near and distance vision and would do away with glasses altogether!

Pamela Ballantine with Wayne Crewe-Brown and the Optilase Team at Optilase Belfast

The actual surgery itself was over within minutes and I quickly realised there was no reason for me to have been nervous. The Surgeon was fantastic and talked me through each part of the procedure - the Nursing and Care team were second to none. There was no pain whatsoever during surgery - a question I have been asked by almost everyone I have met since the surgery, as there are so many myths out there about laser eye treatments.

This is the best decision I have ever made, I now see life in full HD!

After surgery my eyes were tender initially, a sensation I compared to the experience you have after cutting raw onions. My eyes were watering all the way home and I had to wear black sunglasses to protect them, although the staff did advise me that I would be light sensitive straight away as my 'new eyes' got used to light again.

Following the advice from the team at Optilase I went home and relaxed - when I woke in the morning life had taken on a whole new perspective. Being able to see so clearly without glasses was the strangest feeling ever, absolutely fantastic and I was more than a bit emotional – I don't mind admitting. My near vision settled and dramatically improved after the next few days. Just out of habit I even reached for my glasses (trust me; it takes a while before you will break that habit). If I had some advice for anyone out there who wears specs, get it done – and get it done now! If only I had it done years ago……

My advice? Find out if you can have it done – if you are suitable, find a way to have treatment – it will change your life……I'm glad I did!!

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FUNGI - Mushroom	£4.50	£5.00	£7.00
MILANO - Ham & Pineapple	£5.00	£6.00	£8.00
FABIO - Chicken & Mushroom	£5.00	£6.00	£8.00
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PEPPERONI - double pepperoni, double cheese	£5.50	£6.50	£8.50
TEX BBQ - bbq sauce, chicken, onion, peppers	£5.50	£6.50	£8.50
MEAT FEAST - ham, pepperoni, chicken & bacon	£7.00	£8.00	£10.00
VEGGIE - onion, peppers, sweetcorn and mushrooms	£5.50	£6.50	£8.50
SPICY CHICKEN - chicken, peppers, pineapple and sweet chilli	£6.00	£7.00	£9.00
MAC'S SPECIAL - a little of our most popular toppings	£7.50	£8.50	£11.50
BREAKFAST PIZZA	£7.00	£8.00	£10.00
CHICKEN CURRY PIZZA	£5.50	£6.50	£8.50
Garlic Bread	£3.00		
Extra toppings	50p	£1.00	

Toppings: ham, mushrooms, pepperoni, chicken, bacon, sweetcorn, peppers, pineapple, cheese, onions, beef

Burgers

Mac's Burger	£3.50
Burger	£1.80
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Bacon & Cheese Burger	£2.30
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Onion Rings	£1.70

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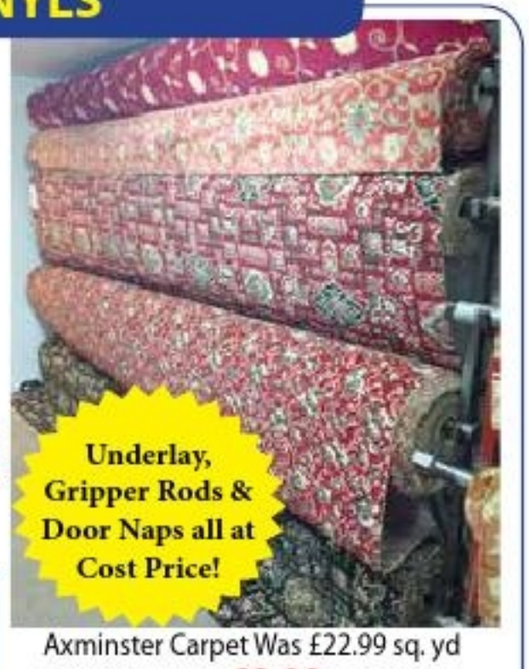

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NEWRY CITY'S HALLOWEEN CELEBRATIONS

'Frightful spook-tacular free fun for all the family'

NEWRY CITY'S HALLOWE'EN FESTIVAL 2014

This Halloween come along to Newry's frightful spook-tacular free family fun event which will take place on Friday 31st October from 6.00pm - 9.00pm at the Albert Basin Quayside, Newry.

Providing the soundtrack for your Hallowe'en open-air concert will be the Housem8s and The Rockits with Gene Fitzpatrick the compere for the evening.

Children's entertainment will include: Thriller Flash Mob, Creepy Colouring Competition, Ghosts, Ghouls and Witches on-street entertainment, Pumpkin Carving, Halloween Photo Booth, Face painting, Fire Poise performers, Fancy Dress Competition and so much more.

Entertainment will take place between 6.00pm - 9.00pm and is completely FREE. The celebrations will conclude with an electrifying fireworks extravaganza.

Mayor of Newry and Mourne District Council, Councillor Daire Hughes, launches the 2014 Newry Hallowe'en Festival with the help of a few scary characters.

Looking forward to the event, Mayor of Newry and Mourne Council, Councillor Daire Hughes said: "As Mayor it gives me great pleasure to present this year's very impressive Halloween celebrations events programme.

"I extend an open invitation to one and all across the greater Newry & Mourne area to come along be a part of a truly spook-tacular memorable family, fun evening out. This year we are encouraging as many people to really get into the Halloween spirit and come along on the evening in fancy dress to be in with a chance of winning a range of fabulous prizes. "In the best interest of all spectators on the evening Newry & Mourne District Council's events committee would like to advise people attending the concert to follow the public information that has been provided by the Council."

Mr Paddy Duffy, Events Officer, Newry & Mourne District Council stated that there will be traffic diversion/management in operation on Friday 31st October and confirmed details will publicise in the local press closer to the date.

Alternative car parking for the event: North Street Car Park, Located Water Street/Abbey Way; Canal Bank 1, Located opposite Buttercrane Shopping Centre; Lower Water Street Car Park, Located behind Newry Cathedral, Kilmorey Street Car Park, Located beside Gateway Club; River Street Car Park, Located on River Street.

The Hallowe'en Celebrations in Newry will conclude with a fantastic Fireworks Extravaganza.

Any children under the age of 16 MUST be accompanied by an adult at all times. In the event of a missing child please report to the nearest security/steward in Yellow Bibs who will deal with the situation immediately.

In the interest of safety for everyone attending the event you are requested to cooperate with security personnel/event stewards at all times. Remember to wrap up warm. This is a Free Event so NO tickets required. For more information please visit: www.newryandmourne.gov.uk Facebook pages: newryandmournedistrictcouncil

2014 CHRISTMAS LIGHTS SWITCH-ONS

NEWRY:	Friday 21st November 5pm -7pm Events Space, Cathedral Quarter, Hill Street, Newry	
CROSSMAGLEN:	Friday 28th November Crossmaglen Square	7pm
KILKEEL:	Saturday 29th November Lower Square, Kilkeel	5pm
WARRENPOINT:	Saturday 6th December The Square, Warrenpoint	7pm
BESSBROOK:	Saturday 13th December Bessbrook	5pm

SCARY STORIES AND FAERY TALES AT NEWRY MUSEUM

Newry Museum will host a series of storytelling sessions as part of the Halloween festivities in the city.

On Hallowe'en itself, October 31st, storyteller Steve Lally, will visit the Museum to entertain visitors, young and old with scary stories and "faery tales".

There are three sessions, starting at 1pm, 2pm and 3pm, which will last one hour approximately. Cost per child is £1.50.

Declan Carroll, Education Officer at Newry and Mourne Museum said: "Steve Lally is a superb stroyteller and will enchant his audience with some mystical faery tales and some scary stories to get everyone in the mood for Hallowe'en night. This is a great event that will be great fun for all the family."

To book a place at one of the sessions contact Declan Carroll, Education Officer, Newry and Mourne Museum on 028 3031 3178 or email declan.carroll@newryandmourne.gov.uk

SCARY
NEWRY
CHILDREN'S GHOST WALK
THUR 30TH OCT, FRI 31ST OCT (HALLOWEEN NIGHT)
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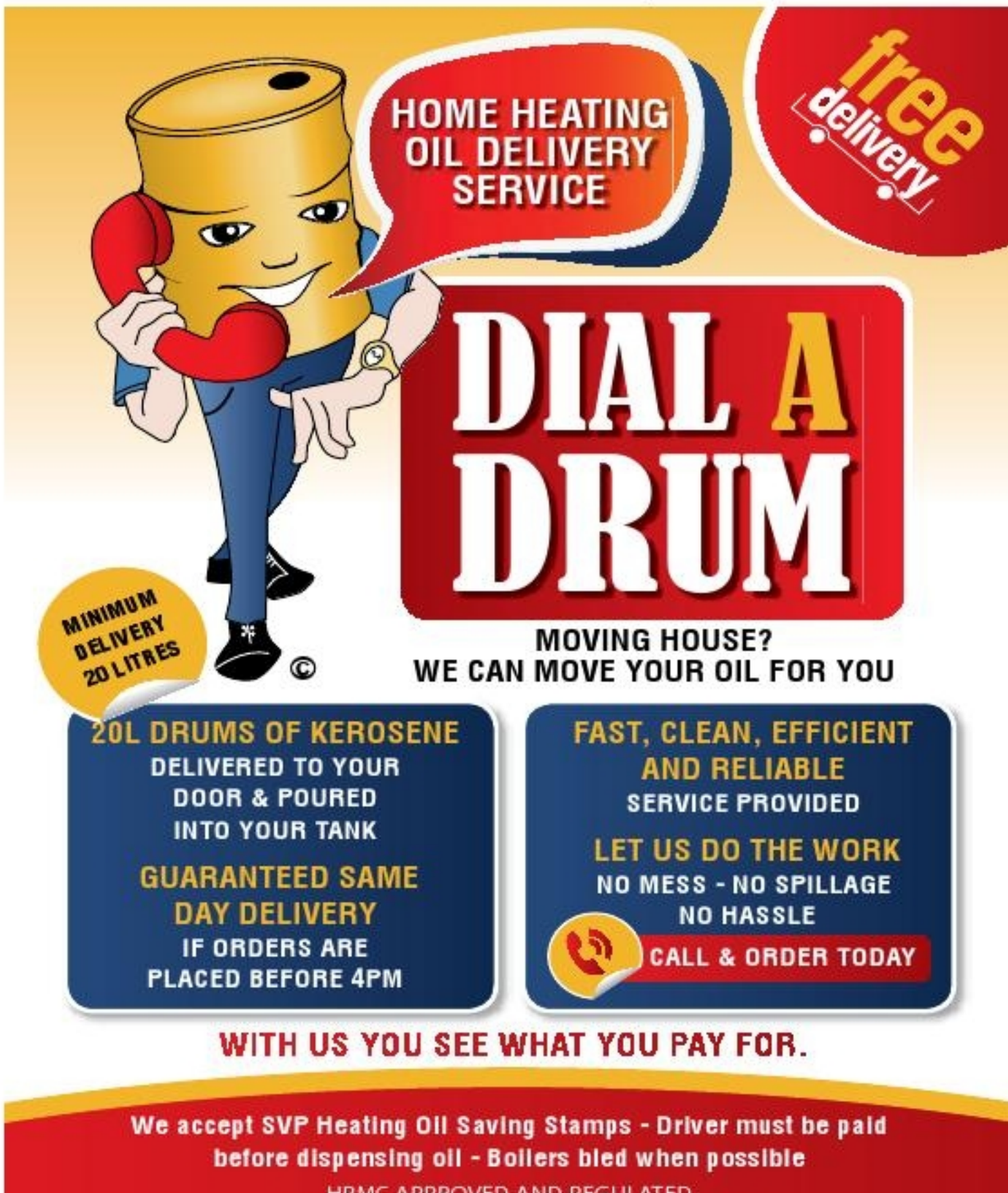
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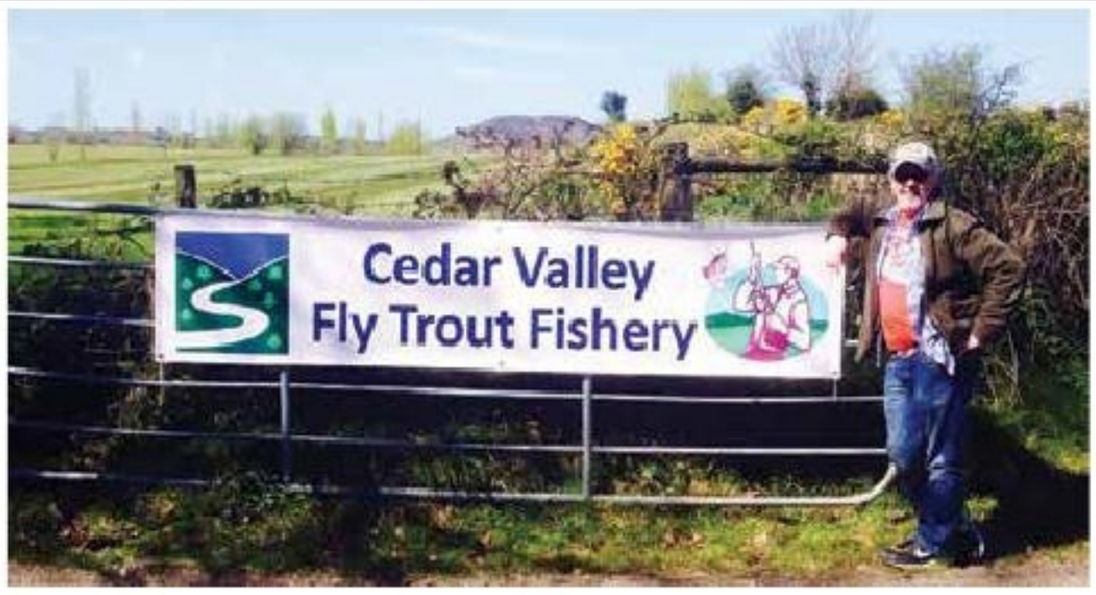

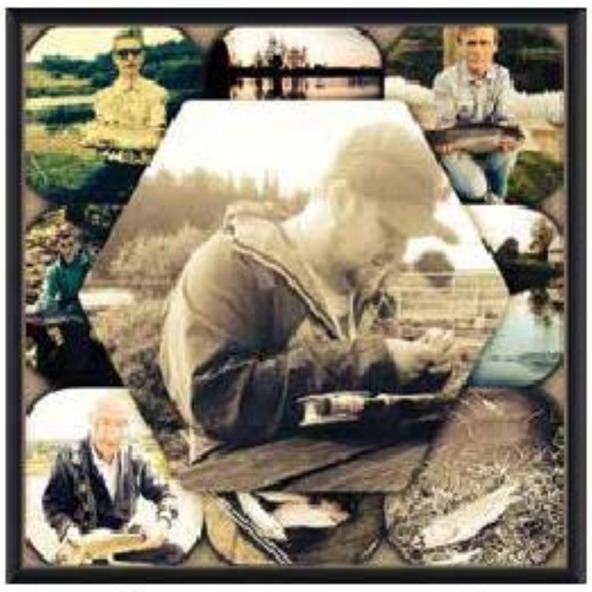

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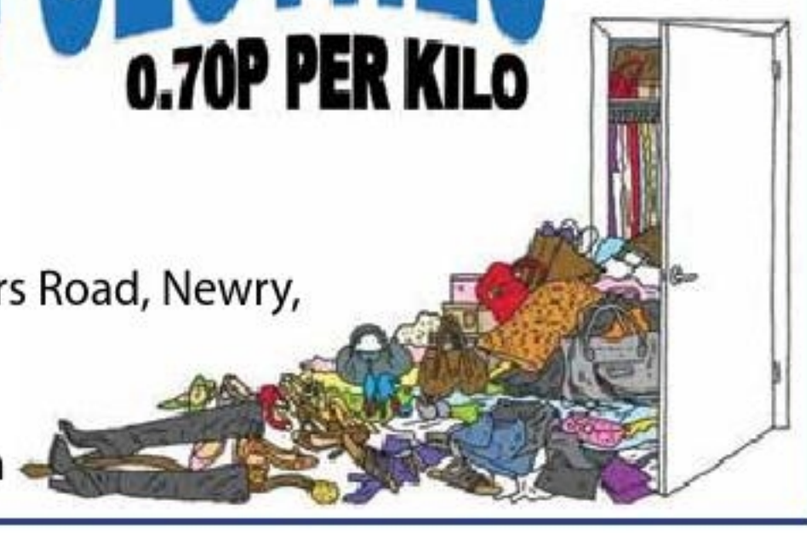

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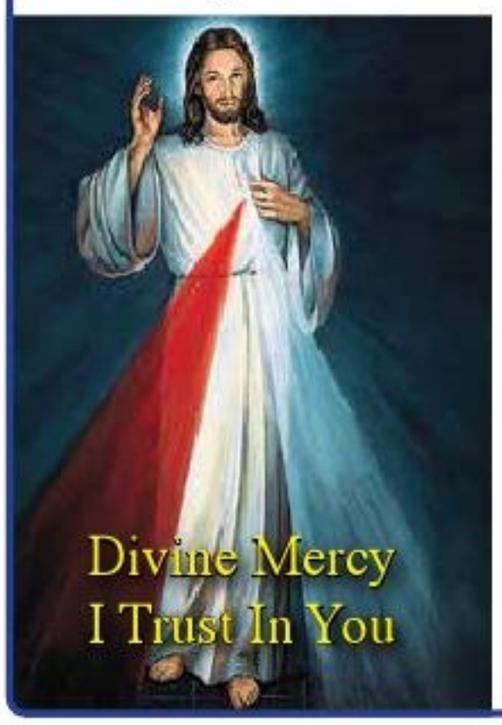

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Revolutionary Mini Tummy Tuck

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Release those deep breaths - there's hope in sight, and it's called The Mini Tummy Tuck. Over the past few years there's been a growing trend in body contouring and body shaping procedures that shrink love handles and reduce fat and cellulite on the abdomen, belly, back, arms, thighs, hips and buttocks. The best part? It's completely non-invasive. No surgery, no knives, no long recovery times.

Yep - we're serious. Therapie Clinic was one of the first beauty clinics to start the revolution in Ireland, and they're helping clients reduce stubborn fat deposits for good - without going under the knife. The treatment has come all the way from Hollywood with a celebrity following that includes Kim Kardashian, Heidi Klum and Britney Spears.

It almost sounds too good to be true, but the process is grounded in scientific research which has found that applying heat and cold to troublesome areas helps melt fat cells while leaving skin and muscle tissue unaffected. Treatment takes place using FDA-approved technology, with individual sessions lasting up to 70 minutes. Patients meet with Therapie Clinic's specialists to discuss the best treatment options for their Mini Tummy Tuck, depending on their individual body shape. The Tummy Tuck employs a bespoke approach of freezing and heating techniques in order to maximise fat loss.

The blended programme can reduce fat by up to 40%. You can typically expect to see results within two weeks. It'll take about 90 days to see the full effects of the body blitzing fat detox.

One of the best features of the Mini Tummy Tuck is that it can work for different body types: it's great for those who are fit and near their optimum weight but still have problem love handles or cellulite. The treatment is also hugely beneficial where clients want to target their tummy area post pregnancy.

If you want to see measurable results; toned skin and an improved silhouette, try the non-invasive mini-tummy tuck at Therapie Clinic. It's a fraction of the cost of a surgical procedure, and you can get straight back to normal activities immediately.

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MANAGING ANGER

Anger is an emotion designed to help us defend ourselves and our property; an ancient survival mechanism used by our forefathers to fight off physical danger. Nowadays, the majority of anger outbursts occur, not due to any real threat, but because our sense of identity is criticised, or because we don't get what we expect from others. Such outbursts are like an over sensitive smoke-alarm firing off unnecessarily, creating chaos and fear in the home, workplace, schools, etc.

Our anger destroys relationships. We may apologise after an outburst, but with each outburst we lose a part of the person and a level of trust is gone. The child, partner or work colleague may "walk on eggshells" attempting to avoid further outbursts. But, often to no avail. The culprit will explode repeatedly. The recipient is not to blame. The problem happens because of "trigger factors" in the culprit's brain. These result in a surge of anger, in spite of little or no provocation. Human Givens psychotherapists can help those who have explosive anger allowing them to deal with these "triggers" and stay calm no matter what.

Anger is produced by a primitive part of our brain, which we share with reptiles. When "triggered", it prepares the body to fight the danger. The red-faced, menacing individual is literally in-for-the-kill. Access to their cognitive (thinking) brain stops and the angry person is no more logical than a reptile. They are literally stupid, and should be avoided until they calm down.

Most people want to control their anger. Most, but not all, feel guilty after the outburst and want to stop. Indeed they may promise to stop, but "lose it" again and again. Modern brain science shows that when "triggered", the brain produces anger in 1/50 of a second. The person has no control over the anger in that timescale. No, the anger has taken control. That is why it is so hard to break the habit. New skills must be learned and practiced. Some people practice smugness and say they don't get angry, they are wrong! We all do. It may manifest not as an outburst but as, sulking, sarcasm or malicious gossip. All equally destructive! Have a look.

Human Givens psychotherapists have the basic tools to control anger for those who want to stop being angry. These include; Breathing - Making the out-breaths 1/3 longer than the in-breath quietens the anger; Exercise - 30 minutes 5 times per week, improves our mood and our logic. ABC Model, become Aware of the anger, Block and Challenge the angry thoughts.

If you get angry too quickly and too often consider making an appointment with Paul Grant who is a Consultant Psychotherapist in Human Givens therapy. Paul works daily with patients who are depressed, anxious, stressed, addicted, angry, and suicidal, experiencing relationship difficulties, have phobias or panic attacks. To make an appointment or talk with Paul, call 077 3973 1424.

For more information see www.paulgranthgtherapy.com.

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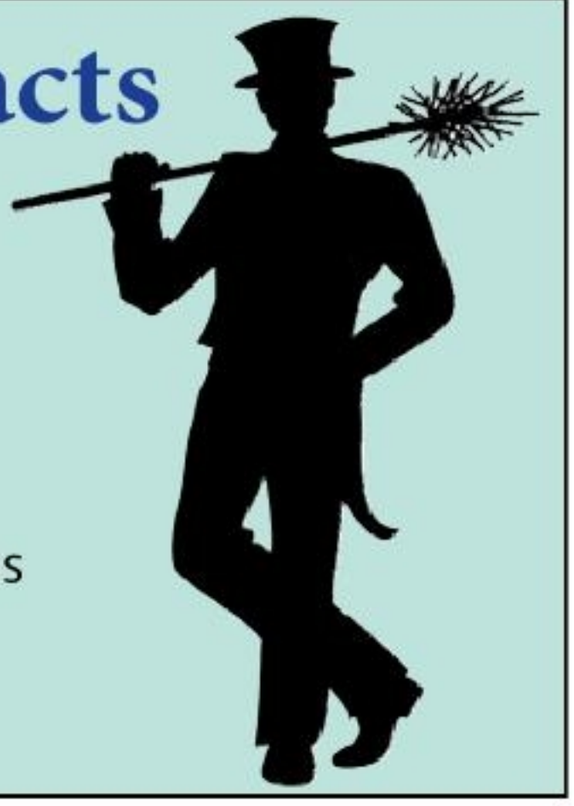

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Fuel consumption figures for the CR-V 2.2 i-DTEC Black Edition in mpg (l/100km): Urban 43.5 (6.5), Extra Urban 55.4 (5.1), Combined 50.4 (5.6). CO_2 emissions: 149g/km. Fuel consumption figures sourced from official EU-regulated laboratory test results, are provided for comparison purposes and may not reflect real-life driving experience.

Model Shown: CR-V 2.2 i-DTEC Black Edition in Crystal Black Pearl at £30,510 On The Road (OTR). Terms and Conditions: New retail CR-V registered from 1 October 2014 to 31 October 2014. Subject to model and colour availability. Offers applicable at participating dealers and are at the promoter's absolute discretion. CR-V Black Special Edition Honda Aspirations (PCP): *0% APR Representative example shown based on CR-V 2.2 i-DTEC Black Edition in Crystal Black Pearl at £30,510 total cash price (and total amount payable) with 37 months 0% APR Representative (interest rate per annum 0% fixed). Minimum customer deposit 0%, maximum customer deposit 30%. Representative example based on a £7,387.12 (24%) deposit = £269 monthly payment, Guaranteed Future Value / Optional Final Payment of £13,438.87, annual mileage of 10,000 and excess mileage charge: 12p per mile. You do not have to pay the Final Payment if you return the car at the end of the agreement and you have paid all other amounts due, the vehicle is in good condition and has been serviced in accordance with the Honda service book and the maximum annual mileage of 10,000 has not been exceeded. Indemnities may be required in certain circumstances. Finance is only available to persons aged 18 or over, subject to status. All figures are correct at time of publication but may be subject to change. Credit provided by Honda Finance Europe Plc. 470 London Road, Slough, Berkshire SL3 8QY. Honda Finance Europe plc is authorised and regulated by the Financial Conduct Authority, Financial Services Register number 312541. The 5 Year Care Package includes: Servicing: All scheduled servicing, as detailed in the vehicles service book, will be covered for 5 years or 62,500 miles, whichever comes first. Warranty: In addition to the standard 3 year warranty the customer will receive a complimentary 2 year extended guarantee taking the warranty to 5 years or 90,000 miles, whichever comes first. Roadside Assist: In addition to the standard 3 years roadside assistance package the customer will receive complimentary Hondacare Assistance for a further 2 years, taking it to 5 years or 90,000 miles, whichever comes first. The 5 Year Care Package: The 5 Year Care Package is optional. It is being offered for £555 including VAT (usual value £1,845 including VAT, resulting in a £1,290 saving for the customer) and is available to finance or non-finance customers. Please note, should you sell the vehicle during the period of cover, the package remains with the vehicle

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